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Maximum Weight : 5

MCQ—YOGA AND PERSONALITY DEVELOPMENT

Section II

[TO BE ATTACHED TO THE MAIN ANSWER-BOOK]

UG CBCSS INTERNAL EXAMINATION, JUNE 2026

DO NOT WRITE YOUR REGISTER NUMBER OR NAME ANYWHERE IN SECTION II OF THE QUESTION PAPER

Answer all questions.

All questions carry equal weight.

Put a tick mark [✓] in the column against the correct answer.

1. ————— is regarded as the traditional founder of Yoga system.

(A) Kapila.

☐

(B) Kanada.

☐

(C) Patanjali.

☐

(D) All these.

☐

2. The term 'Yoga' literally means :

(A) Critical thinking.

☐

(B) Reflective spirit.

☐

(C) Union.

☐

(D) Duty.

☐

3. In Yoga system, Viparyaya means —————.

(A) Sleep.

☐

(B) Verbal delution.

☐

(C) Wrong knowledge.

☐

(D) None of these.

☐

4. In Yoga system, the term 'Vikalpa' means —————.

(A) Sleep.

☐

(B) Right knowledge.

☐

(C) Verbal delution.

☐

(D) Wrong knowledge.

☐

Turn over





G 3493

5. Among the eight limbs of yoga, which of them denotes the ethical principles :

- | | | | |
|-----------------------|--------------------------|---------------------|--------------------------|
| (A) Yama and Niyama. | ☐ | (B) Yama and Asana. | ☐ |
| (C) Niyama and Asana. | ☐ | (D) All these. | ☐ |

6. Which of the following Sanskrit term denotes the level 'torpid' ?

- | | | | |
|---------------|--------------------------|-------------|--------------------------|
| (A) Nirudha. | ☐ | (B) Mudha. | ☐ |
| (C) Viksipta. | ☐ | (D) Ksipta. | ☐ |

7. Regulation of breath relates with :

- | | | | |
|----------------|--------------------------|-----------------|--------------------------|
| (A) Niyama. | ☐ | (B) Asana. | ☐ |
| (C) Pranayama. | ☐ | (D) Pratyahara. | ☐ |

8. The highest level of mental life is known as :

- | | | | |
|---------------|--------------------------|--------------------|--------------------------|
| (A) Nirudha. | ☐ | (B) Ekagra. | ☐ |
| (C) Viksipta. | ☐ | (D) None of these. | ☐ |

9. In Yoga system, ————— tune up the nerve system.

- | | | | |
|-----------------|--------------------------|----------------|--------------------------|
| (A) Pratyahara. | ☐ | (B) Pranayama. | ☐ |
| (C) Asana. | ☐ | (D) Niyama. | ☐ |

10. In Yoga system Dharana denotes :

- | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|
| (A) Control of the body. | ☐ | (B) Steadying of the mind. | ☐ |
| (C) Posture. | ☐ | (D) None of these. | ☐ |

11. In Yoga system ————— denotes the withdrawal of the senses.

- | | | | |
|-----------------|--------------------------|----------------|--------------------------|
| (A) Dharana. | ☐ | (B) Dhyana. | ☐ |
| (C) Pratyahara. | ☐ | (D) Pranayama. | ☐ |





G 3493

12. Asamprajnata Samadhi is related to :

(A) Nirudha.

☐

(B) Ekagra.

☐

(C) Both.

☐

(D) None.

☐

13. How many limbs of yoga are included in the internal practices :

(A) Five.

☐

(B) Three.

☐

(C) Four.

☐

(D) None of these.

☐

14. In Yoga system, Samadhi is of ———— kinds.

(A) Two.

☐

(B) Four.

☐

(C) Three.

☐

(D) Five.

☐

15. Which among the following is the work of Patanjali :

(A) Samkya sutra.

☐

(B) Yoga sutra.

☐

(C) Both (A) and (B).

☐

(D) Neither (A) nor (B).

☐

16. In Antaranga sadhana how many limbs of yoga are included :

(A) Last three.

☐

(B) First four.

☐

(C) Last five.

☐

(D) None of these.

☐

17. Which among the following type of knowledge is related to 'rope snake illusion' ?

(A) Right knowledge.

☐

(B) Wrong knowledge.

☐

(C) Verbal knowledge.

☐

(D) All these.

☐

Turn over





G 3493

18. In yoga, Pramana means _____.

(A) Memory.

☐

(B) Wrong knowledge.

☐

(C) Right knowledge.

☐

(D) None of these.

☐

19. Which among the following term is related to egoism in Yoga Philosophy.

(A) Avidya.

☐

(B) Dvesa.

☐

(C) Asmita.

☐

(D) Raga.

☐

20. In yoga system which term denotes aversion.

(A) Raga.

☐

(B) Avidya.

☐

(C) Dvesa.

☐

(D) All these.

☐

No. of MCQs attempted

Weight Scored

(To be entered by the examiner)

No. of MCQs not attempted

**ATTACH SECTION II INTERNAL EXAMINATION MCQ PAPER WITH
THE MAIN ANSWER-BOOK**

